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ABSTRACT

These instructional objectives have been selected from materials used at Golden West College (California). These objectives are offered simply as samples that may be used where they correspond to the skills, abilities, and attitudes instructors want their students to acquire. These objectives may also serve as models for assisting instructors to translate their courses into specific measurable terms. For other objectives in a related course see: JC 720 218 (Principles of Patient Care and Maternity Nursing) below. (MB)

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Instructional Objectives for Junior College Courses in Nursing: Medical Surgical Nursing I; Obstetrics Nursing

Nursing 30 - Medical Surgical Nursing I
Nursing 33A - Obstetrics Nursing
Golden West College
Huntington Beach, California

JC 720 212

UNIVERSITY OF CALIF.
LOS ANGELES

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CLEARINGHOUSE FOR
JUNIOR COLLEGE
INFORMATION

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ERIC Clearinghouse for Junior Colleges

1972

A.D. Program
Nursing 30: Medical-Surgical Nursing I
Fall Semester, 1971
Learning Objectives for Week No. 1

GOLDEN WEST COLLEGE
Health Sciences Division

Date	Learning Objectives	Expected Performance	Media
Monday 9-13-71 9 - 11	Introduction to the role of the student in the nursing program. Pre-Instructional survey. (Use datronic sheets--100 questions)	This survey's not a test; it is a device to assist the instructors in determining the students' entering knowledge about nursing.	
Monday 9-13-71 1 - 4	Introductions of students and faculty. Receive course description outline and learning objectives. Introduction to the study of growth and development. The student will be able to: 1. Define growth, development, maturation, emotions. 2. State three factors which influence growth patterns. 3. Contrast growth and development. 4. Compare the two-year-old with the three-year-old.	October 4, 1971, at 9:00 a.m. examination. 120 multiple choice questions completed with 75% accuracy. Contribution to SAS sessions. Be able to discuss in SAS session two articles related to the growth and development cycle.	

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Date	Learning Objectives	Expected Performance	Media
Tues.-Thurs. 9-14-71 and 9-16-71	Subject: Techniques of Therapeutic Communication General Learning Objective: To acquire knowledge and understanding of communication theory and its application to the nurse-patient relationship.	Learning objectives will be measured on October 4, 1971 by paper/pencil exam requiring objective responses.	
	Nature of Objective: "Therapeutic use of the Self." Objective: To define what is meant by the concept "Therapeutic use of the Self."		
Wed.-Fri. 9/15/71 and 9/17/71	<u>Problem Solving</u> The student will be able to: 1. Acquire the ability to: a. apply theoretical knowledge in the clinical situation. b. Perform manual skills efficiently and effectively c. Use sound judgment. d. Recognize a need or problem.	Objectives Nos. 2, 3, 4, 6: 75% accuracy on written examination. Objectives Nos. 1, 5, 7, 8: Satisfaction of instructor.	

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Learning Objectives for Week No. 1

Date	Learning Objectives	Expected Performance	Media
Wed.-Fri. 9/15/71 and 9/17/71 (Cont.)	e. Use the problem solving process in determining and carrying out nursing care. f. Establish and maintain effective interpersonal relationships. 2. Define: problem solving, need, basic need, acquired need, nursing problem, overt problem, covert problem. 3. State the purposes of problem solving. 4. Identify the five essential steps in the problem solving process. 5. Apply the five steps to problem solving situations in SAS and in the clinical area. 6. Identify Maslow's classification of basic needs. 7. Apply Maslow's classification of needs to problem solving situations. 8. Demonstrate listening techniques and body involvement in listening.		

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Learning Objectives for Week #2

Date	Learning Objectives	Expected Performance	Media
Week #2 9/20/71 9-11 a.m. Room 117 Guest Speaker, Mr. Cox Director of Physical Therapy Hoag Hospital	The student will be able to: 1. Identify the principles of body mechanics 2. Apply the principles of body mechanics.	75% accuracy on written examination. By demonstration in the classroom and in the clinical area to the satisfaction of the instructor.	

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Date	Learning Objectives	Expected Performance	Media
9/20/71 1-4 p.m. Room 117	The student will be able to: 1. Contrast the growth and development of the four and the five, the sixes and nines and the ten and twelve year olds. 2. Define "developmental task." 3. State six principles which are derived from the developmental task concept. 4. State the individual developmental tasks of each age level. (Infancy, toddler, etc.) 5. Apply the basic developmental tasks of American families (see syllabus) through the establishment stage to the aging family stage.	75% accuracy on written examination.	

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Date	Learning Objectives	Expected Performance	Media
9/21/71 Tuesday 8-11 a.m.	Nature of Objective: Communication theory of J. Ruesch's. Objective: the student will be able to list the Communication Paradigm of J. Ruesch.	October 4, 1971 October 4, 1971 75% accuracy on written exam Contribution to SAS	
9/21/71 Tuesday 8-11 a.m. 9/23/71 Thursday 8-11 a.m.	Nature of Objective: Deliberative versus the Automatic process. Objective: the student will be able to differentiate between the Automatic process and the Deliberative process of therapeutic communication.	75% accuracy on written exam Contribution to SAS	
9/21/71 Tuesday 8-11 a.m. 9/23/71 Thursday 8-11 a.m.	Nature of Objective: Technique of interviewing. Objective: the student will be able to recall at least 6 interviewing techniques as given in lecture.	75% accuracy on written exam Contribution to SAS	
9/22/71 Wednesday 8-11 a.m. 9/24/71 Friday 8-11 a.m.	Nature of Objective: Blocks to Communication Objective: the student will be able to identify 4 blocks to hinder effect communication. Nature of Objective: Interviewing within the framework of nursing practice. Objective: the student will be able to identify 3 roles of the nurse practitioner.	75% accuracy on written exam Contribution to SAS 75% accuracy on written exam Contribution SAS Session	

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Date	Learning Objectives	Expected Performance	Media
Week #3 9-27-71 Monday 9-11 a.m.	Overview for week. Subject: Unoccupied bed-making The student will be able to: 1. Identify the basic principles of bed-making. 2. Apply the principles in making an unoccupied bed. 3. Identify the basic components of an individual patient unit.	1 and 3. 75% accuracy on written exam. 2. Make an unoccupied bed to satisfaction of the instructor.	
1 - 4	1. State the stages of personality development according to Erickson. (syllabus) 2. Include the stage, approximate age, psychological crises, significant persons, and the developmental task. 3. State at least fifteen factors which influence the development as the unique person. Defend the factor with at least one example. 4. According to PIAGET'S stages of intellectual development, LIST the four stages with the approximate age range for each stage. 5. According to the film Principles of Growth and Development, state five principles cited in the film. 6. Define three social aspects of aging. (a) disengagement (b) retirement and disengagement (c) activity and disengagement		

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Date	Learning Objectives	Expected Performance	Media
	7. Contrast the five strategies of Adjustment in Old Age (lecture). 8. Contrast the five strategies of Adjustment in Old Age (lecture).		
Tue - Thurs. Sept. 28, and 30.	OBSERVATION AND VITAL SIGNS. The Student will be able to: 1. State four techniques of scientific observation. 2. Contrast objective and subjective symptoms. 3. Identify terminology concerning observation and vital signs.	Objectives 1 - 3. Minimum of 75% accuracy on closed book examination.	
	The student will be able to understand the use of vital signs as a scientific method of assessing patient needs by being able to take and interpret: 4. Oral temperature 5. Radial pulse 6. Respiration 7. Blood pressure	To the satisfaction of the instructor in laboratory and hospital setting.	
	The student will be able to answer questions concerning vital signs: 8. Terms and definitions 9. Normal values of T.D.R. and B/P. 10. Conditions which will alter vital signs. 11. Significant principles involved in obtaining vital signs.	Closed book examination with minimum of 75% accuracy.	

Date	Learning Objectives	Expected Performance	Media
Week #3 (cont.) Wed-Fri. Sept. 29 Oct. 1.	Communication Skills (cont.) The student will be able to: 1. Define what is meant by ethical practice. 2. Discuss the role of the nursing student in given problem situations. 3. Identify the relationship between nursing responsibility and the law. 4. Identify the integral parts of a hospital chart. 5. List the basic rules of charting. 6. Be able to identify common abbreviations used in charting. 7. List the purposes of charting. 8. Know and apply the legal aspects of charting.	1 and 2. Participation and performance in group sessions. 3 - 7. 75% accuracy on a written exam. 8. Laboratory performance in accordance with the policies of the agency.	

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Learning Objectives for Week #4 (10-4/10-8-71)

Date	Learning Objectives	Expected Performance	Media
10/4/71 9-10:30	The student will take a written examination consisting of 120 objective questions covering learning objectives for weeks 1 through 3.	Minimum acceptable performance 75% accuracy. A = 94% and above B = 84 - 93% C = 75 - 83%	
10:30-11:00	The student will be able to: 1. Define sepsis 2. Observe situations in the hospital in which she can apply principles of asepsis.	Return demonstration to satisfaction of the instructor.	
1-2	Explore the problems of the aged person. State the basic needs of the hospitalized geriatric patient. Discuss the patient (the stunt driver) in the film, identify his fears and be able to indicate some solutions to the problems.		

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Learning Objectives for Week #4 (10-4/10-8-71)

Date	Learning Objectives	Expected Performance	Media
10-4-71 *2-4 *Tues., Wed., Thurs., Fri. Bring to class and multi-media lab.: 2 Sheets 1 Pillow case 1 Beach towel Pajamas Slippers Robe Soap Lotion 1 Hand (face) towel 1 Bath towel 1 Wash cloth	The student will be able to: 1. Demonstrate her knowledge by caring for hygienic needs of the patient (to include oral hygiene, care of the hair, care of the nails.) 2. List the purposes of a bed bath. 3. Apply the principles of body mechanics and medical asepsis in giving a bed bath. 4. Demonstrate the application of the principles of giving a bed bath and making an occupied bed.	75% accuracy on written examination. Give a bed bath and make an occupied bed in the clinical laboratory to satisfaction of the instructor.	

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Learning Objectives for Week #4 (10-4/10-8-71)

Date	Learning Objectives	Expected Performance	Media
10-5-71 10-7-71 Tuesday Thursday 8-9:30	The student will be: 1. Introduced to Principles and Concepts of Nutrition 2. To identify and discuss the Portrait of Nutrition.		
10-11	3. Able to give a bed bath and make an occupied bed.	Performance to the satisfaction of the instructor.	
10-6-71 10-8-71 Wednesday Friday 8-9:30	4. Define and identify the following terms: Nutrients Nutrition Calories Metabolic rate Energy metabolism Energy Basic metabolism	Objective paper/pencil examination, 75% accuracy minimum performance.	
Wed., Fri. 10-11	Give a bed bath and make an occupied bed.	Return demonstration using proper technique/body mechanics to the satisfaction of the instructor.	

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Learning Objectives for Week #4 (10-4/10-8-71)

Date	Learning Objectives	Expected Performance	Media
Wed. Tues., Thurs. 1-3 p.m. (Multi-Media Lab)	Practice bed baths/bed making/ vital signs/in accordance with student's learning needs.	To the satisfaction of the instructor.	

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Learning Objectives for Week #5 (October 11-15, 1971)

Date	Learning Objectives	Expected Performance	Media
Monday 10/11/71 9-11 a.m.	The student will be able to: 1. Identify the following common positions and purposes for: a. Prone b. Supine c. Sims' d. Fowlers' e. Semi-Fowlers' f. Orthopneic g. Knee-chest h. Trendelenburg i. Dorsal recumbent j. Lithotomy 2. Demonstrate positioning in the clinical area. 3. Demonstrate how to put a bed patient on a bedpan (including the patients who can and cannot assist with the procedure). 4. Demonstrate how to give the male patient a urinal. 5. Know the number of cc/ml in commonly used hospital containers.	1. 5. 6. 75% accuracy on written examination. 2. 3. 4. 7. To the satisfaction of the instructor in the clinical situation.	

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Learning Objectives for Week #5 (October 11-15, 1971)

Date	Learning Objectives	Expected Performance	Media
	6. Define intake and output. 7. Record accurately on the Intake-Output record.		
Oct 11 1-4	In meeting the dietary needs of patients, the student will be able to: 1. Identify and discuss factors which must be considered in assessing the nutritional needs of patients. 2. Identify <u>at least five</u> significant factors to be considered in preparing the patient and his environment prior to being served meals. 3. Determine when a patient needs assistance with his meals and demonstrate ability to give appropriate assistance. 4. Demonstrate beginning skills in interpreting the patient's diet to him.	1. 2. 3. 4. 75% accuracy on closed book examination 3. 5. In clinical area to satisfaction of instructor.	

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Learning Objectives for Week #5 (October 11-15, 1971)

Date	Learning Objectives	Expected Performance	Media
	5. Make appropriate and accurate observations of patients dietary intake and record properly. The student will be able to identify sources, classifications and functions of carbohydrates, proteins, fats	Closed book examination with 75% accuracy.	
Tues.-- Thurs. 10/12/71 and 10/14/71	Orientation to the clinical areas. Meet in full uniform at designated time and area. See sheet #1 for learning objectives in clinical area.		
Wed.-- Fri. 10/13/71 and 10/15/71	See sheet #1 for learning objectives in clincial area.		

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Learning Objectives for Week #1. Oct. 12-15, 1971
Clinical Area

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17.

Date	Learning Objectives	Expected Performance	Media
Sheet #1 Tuesday 10 9-12 Thursday 10 9-14 1st. day of clinical experience 8-11 a.m.	1. Arrive at your assigned hospital in complete uniform to meet the clinical instructor in a designated area. 2. Listen to orientation to the hospital at 8:15-9:00 3. Receive greetings and welcome from the nursing staff of the hospital 9:00 - 9:15 a.m. 4. Tour the hospital with your assigned clinical instructor. 5. Introductions to the staff 6. Familiarize yourself with the physical set-up of the hospital's ward and the patient's unit. Locate the following: a. Restrooms-locker rooms-lounge-coffee shop. b. Nurses station, charts c. Kitchen (pantry) d. fire exit, public telephones, elevators, stair wells, fire extinguishers e. Temperature book, thermometers f. drinking fountains, I and O sheets, ice g. stethoscope, sphygmomanometer h. wheelchairs, stretchers, commode, walkers i. Utility room, linen closet, linen hampers j. patient's utensils for	To the satisfaction of the clinical instructor	

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Date	Learning Objectives	Expected Performance	Media
	j. (cont.) providing (elimination/ hygiene) needs. 7. Learn how to operate the following: a. turn on and off the patient's call bell b. high-low beds and side rails c. shades-heat control, T.V. d. bed-pan flusher e. 8. Identify a patient using the patient's name and identification bracelet. 9. Initiate and terminate five - ten-minute conversation with a patient 10. Locate the room you will use for post conference	Record the conversation after leaving the bedside of the patient. Include verbatum comments as much as possible. Express your feelings about the experience. Have in your second laboratory day at 8:00 a.m.	
10-13 Wednesday 10-15 Friday	1. Assist the patient with breakfast 2. Evaluate the dietary intake chart 3. Identify the parts of a patient's chart 4. Make an unoccupied bed	To the satisfaction of the instructor.	

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Learning Objectives for Week #6 10-18, 10-22, 1971

DATE	LEARNING OBJECTIVES	EXPECTED PERFORMANCE	MEDIA
Week #6 Monday 10-18-71 9-11	Nutrition (cont.) The student will be able to: 1. Name the water soluble and fat soluble vitamins. 2. Name the outstanding food sources for each of these vitamins. 3. Identify major functions of each of the vitamins.	Closed book examination with 75% accuracy	
Monday 1 - 2	1. Identify major food sources and functions of: a. calcium d. iron g. iodine b. sodium e. phosphorus c. potassium f. magnesium The student will be able to: 1. Contrast the mechanical and chemical digestive processes 2. Trace the digestion of the major nutrients through the digestive tract		
10-18-71 Monday 2-4 p.m.	1. Define what is meant by ethical practice. 2. Discuss the implications of the American Nurses Association (ANA) Code. 3. Discuss the role of the nursing students in a given problem situation.	Participate in SAS assigned group activity and group report In the clinical area demonstrate ethical behavior to satisfaction of the instructor	
Tues. 10-19 Thurs. 10-21 Wed. 10-20 Fri. 10-22	Learning Objectives for Clinical Experience See Sheet No. 2 (Yellow)		
	For Multi Media 1-3 p.m. Tues. Wed. Thurs.		

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Learning Objectives for Week #6

DATE	LEARNING OBJECTIVES	EXPECTED PERFORMANCE	MEDIA
	The student will apply a tension stocking or an ace bandage demonstrating her knowledge of purposes and scientific principles relevant to the application of above:	Return demonstration to the satisfaction of the clinical instructor	
	The student will be able to apply a scultetus binder demonstrating her knowledge of purposes of application.	Return demonstration to the satisfaction of the clinical instructor	
	Practice measuring intake/output and record.		

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Learning Objectives for Week #6, #7, 10-19 10-29.
Clinical Area - Sheet #2

DATE	LEARNING OBJECTIVES	EXPECTED PERFORMANCE	MEDIA
Week #6 Tues. 10-19 Thurs. 10-21	Required: The student will give a patient a bed bath/and make a bed using appropriate body mechanics.	To the satisfaction of the instructor	
Wed. 10-20 Fri. 10-22	Position the patient for good body alignment, comfort, and doctor's orders. Chart on the patient's chart. Optional: Take the patient's blood pressure. Assist the patient with ambulation. Measure intake and output.		
Week #7 Tues. 10-26 Thurs. 10-28 Wed. 10-27 Fri. 10-29	Clinical Objectives: Same as for week #6, plus Optional: Apply ace/scultetus binders		

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Learning Objectives for Week #7 - 10/26, 27, 28.
Multi-Media Laboratory

Date	Learning Objectives	Expected Performance	Media
Multi-Media Lab 1 - 3 Tuesday Wednesday Thursday 10/26, 27, 28	State the principles of fire safety. Demonstrate the principles of external catheter care in the classroom. List the four major food groups.	To the satisfaction of the instructor.	

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Fall Semester, 1971
Learning Objectives for Week #8 - Elimination

DATE	LEARNING OBJECTIVES	EXPECTED PERFORMANCE	MEDIA
Monday 11-1-71 9-11 a.m.	The student will be able to: 1. Spell and define terms listed on attached vocabulary. 2. State the common causes of constipation. 3. Identify common therapeutic measures to relieve intestinal tract disturbances. 4. State the factors guiding the preparation and administration of enemas. 5. State the purpose of the cleansing enema. 6. Identify the principles guiding action when administering a cleansing enema.	Closed book examination with 75% accuracy.	
Monday 11-1-71 9-11 a.m. (cont.)	7. State the causes and treatment of the following: a. fecal impaction c. diarrhea b. distention d. anal incontinence 8. Explain the procedure for bowel training. 9. Use measures that aid in initiating normal micturition. 10. Identify common therapeutic measures to relieve urinary retention. 11. State the purposes for which retention catheters are used. 12. Care for patient's with retention catheters. 13. Care for patient's who are incontinent. 14. Carry out measures that assist in the bladder training process.	To the satisfaction of the instructor.	

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Nursing 30-Medical-Surgical Nsg. I.
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VOCABULARY ELIMINATION

albuminuria

anuria

cathartics

catheter

colonic irrigation

colostomy

constipation

cystoscopy

defecation

diarrhea

distention

dysuria

enema

enteroclysis

enuresis

feces

flatulence

flatus

frequency

glycosuria

hematuria

incontinence

involuntary

impaction

melana

micturition

nocturia

oliguria

peristalsis

polyuria

proctoclysis

pyuria

residual

retention

sphincter

stool

suppository

supression

tenesmus

tympanites

urgency

urination

void

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Learning Objectives for Week #8 -

DATE	LEARNING OBJECTIVES	EXPECTED PERFORMANCE	MEDIA
Nov. 1 1-4 p.m.	The student will understand the normal diet by: 1. Being able to identify the four basic food groups. 2. Being able to identify the foods in each group. 3. Being able to identify the minimum daily requirement of these foods. The student will understand the basic principles of water and electrolyte balance in relation to nutrition by: 1. Completing the response sheet on fluid and electrolyte balance. 2. Contrast the symptoms of water excess and water lack. 3. Distinguish between acidosis and alkalosis	1 - 3 75% accuracy on closed book examination 1 - 3 75% accuracy on closed book examination	
Nov. 2-5	In the clinical area. See Sheet #3.		

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Learning Objectives for Week #8 - November 2-5, 1971

DATE	LEARNING OBJECTIVES	EXPECTED PERFORMANCE	MEDIA
Multi-Media Laboratory Tues. 11-2 Wed. 11-3 Thurs. 11-4 1 - 3 p.m.	Identify various types of enema equipment. Demonstrate positioning a patient for the administration of an enema. Practice the charting normally used for enema administration. Prepare solutions for enema administration. Demonstrate the nursing principles applied to external urinary care.	To the satisfaction of the instructor	

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Learning Objectives for Week No. 8, No. 9, No. 10
In the Clinical Area - Sheet #3

Date	Learning Objectives	Expected Performance	Media
Week #8 Nov. 2-5, 1971	Required Performance: 1. Give a patient a bed bath and recover. 2. Make an occupied bed. 3. Take vital signs and record on the chart. 4. Measure intake/output. 5. Administer oral hygiene to patients. Optional: 1. Apply binders, teds, tension stockings. 2. Assist patients with ambulation. 3. Position patients.	To the satisfaction of the instructor.	
Week #9 Nov. 9-12, 1971	Required Performance 1. Same as week #8 (includes required and optional performance 2. Evaluate the patient's diet.		

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Learning Objectives for Week No. 8, No. 9, No. 10
In the Clinical Area - Sheet #3

Date	Learning Objectives	Expected Performance	Media
Week #9 Nov. 9-12, 1971 (Cont.)	Optional Performance: 1. Give an enema to a patient. First note the doctor's order. Chart on the patient's chart. 2. Give ROM to a patient.		
Week #10 Nov. 16-19, 1971	Note: Students will not be in the hospital. Laboratory practice will be held at Golden West College. Objectives: 1. Practice administering medications. 2. Give a placebo IM to a student partner.		

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Learning Objectives for Week #9 - Range of Motion

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DATE	LEARNING OBJECTIVES	EXPECTED PERFORMANCE	MEDIA
Monday 11-8-71 9-11 a.m. 1-4 p.m.	Examination - Bring electrographic marking pencil. The student will be able to: 1. State two purposes of R.O.M. exercises. 2. State a major goal of rehabilitation. 3. Define: passive exercise, active exercise, abduction, adduction. 4. List self-care activities for strengthening the shoulder joint. 5. List self-care activities which aid in strengthening arm muscles. 6. Identify examples of exercises that help maintain R.O.M. 7. Describe the following: muscle setting; gluteal muscle setting; abdominal muscle setting. 8. Identify rules that the nurse should consider when performing R.O.M. exercises. 9. Perform complete R.O.M. exercises in the clinical situation.	150: Closed book examination with 75% accuracy. 1 thru 8: Closed book examination with at least 75% accuracy on 11/22/71. to the satisfaction of the instructor.	

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Learning Objectives for Week #9 - Nov. 9, 10, 11
Multi-Media Laboratory

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DATE	LEARNING OBJECTIVES	EXPECTED PERFORMANCE	MEDIA
Multi-Media Laboratory 11/9, 11/10, 11/11 1-3 p.m.	Demonstrate complete range of motion on a student partner.	To the satisfaction of the instructor.	

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Learning Objectives for Week # 10-Nov. 15-19, 1971

Date	Learning Objectives	Expected Performance	Media
Week #10 11/15/71 Monday 9-11 a.m and 1-4p.m.	Subject: Introduction to Medications Objectives: The student will be able to: 1. Identify the purposes and routes of medicaments. 2. List and apply the principles of preparation and administration of drugs. 3. Differentiate between a chemical, generic, and trade names. 4. list and discuss specific nursing responsibilities when giving drugs 5. Define and be able to select proper equipment for various types of injections-(intradermal; intramuscular, intravenous, and hypodermoclysis). 6. Identify and apply principles of Surgical Asepsis when administering a parenteral medication. 7. Identify and use the common drug reference books.	1-9, at least 75%, achievement in best choice and matching questions. 2, 5-8 Perform to the satisfaction of the instructor. 2 hr. examination on material to be Monday Nov. 22 at 9 a.m.	

Program
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Learning Objectives for Week # 10--Nov. 15-19, 1971

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DATE	LEARNING OBJECTIVES	EXPECTED PERFORMANCE	MEDIA
	8. Compute dosages, know common equivalents and measurements on medicine cup and syringes.		
	9. Identify common drugs-(vitamins, analgesics, hypnotics and antibiotics according to classification, actions and nursing precautions.		
Laboratory * Tuesday 11/16 * Wednesday 11/17 8-11 a.m. * Thursday 11/18 * Friday 11/19 8-11 a.m. * will be held at Golden West College.	10. In the laboratory self pace learning using the media available to safely administer medications.		

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Learning Objectives for Week No. 8, No. 9, No. 10
In the Clinical Area - Sheet #3

Date	Learning Objectives	Expected Performance	Media
Week #9 Nov. 9-12, 1971 (Cont.)	Optional Performance: 1. Give an enema to a patient. First note the doctor's order. Chart on the patient's chart. 2. Give ROM to a patient.		
Week #10 Nov. 16-19, 1971	Note: Students will not be in the hospital. Laboratory practice will be held at Golden West College. Objectives: 1. Practice administering medications. 2. Give a placebo IM to a student partner.		

A.D. Program
Nursing 30. Medical-Surgical Nursing I
Fall Semester, 1971
Learning Objectives for Week # 11 - 11/22 - 11/24
Thanksgiving Holidays 11/25, 11/26

GOLDEN WEST COLLEGE
HEALTH SCIENCES DIVISION

DATE	LEARNING OBJECTIVES	EXPECTED PERFORMANCE	MEDIA
November 22 9 - 11	The student will submit in writing an evaluation of the course thus far. Due at 9 a.m. Complete a closed book examination, covering the objectives for weeks #9 and #10.	11/22 Minimum performance 75% accuracy.	
1 - 4	1. Define an effective nursing care plan. 2. State at least three components of a nursing care plan. 3. List five things the nurse does when assisting the patient being discharged from the hospital. 4. Using a problem solving approach to identify the patient's needs in a given situation apply the principles of planning patient care as a group member. 5. Describe the role of the student nurse in relation to the contribution of the hospital team in planning patient care.	Completed with 75% accuracy on a written examination. 12/13/71 In writing, in the clinical area use the form on Syllabus p. 167 to plan care for an assigned patient. The report will be due on the following laboratory session.	

A.D. Program
Nursing 30. Medical-Surgical Nursing I
Fall Semester, 1971
Learning Objectives for Week # 11

GOLDEN WEST COLLEGE
HEALTH SCIENCES DIVISION

DATE	LEARNING OBJECTIVES	EXPECTED PERFORMANCE	MEDIA
11/23, 11/24 Tuesday, Wednesday	Orientation to the new hospital unit. (for students exchanging hospital areas.) Administration and assessment of patient care. Begin administration of intra muscular injections in the clinical setting.	To the satisfaction of the instructor.	
11/23, 11/24 No Multi Media Scheduled this week.	Mid-term evaluation by appointment with your instructor.	Self Evaluation: Prior to your evaluation with your instructor. Evaluate yourself using the student evaluation form pp. 227-229.	

A.D. Prog.
Nursing 30. Medical-Surgical Nursing I
Fall Semester, 1971
Learning Objectives for Week # 12
11/29 - 12/3, 1971

GOLDEN WEST COLLEGE
HEALTH SCIENCES DIVISION

DATE	LEARNING OBJECTIVES	EXPECTED PERFORMANCE	MEDIA
Monday 11/29 9-10 a.m.	Principles of Heat and Cold Applications The student will be able to: 1. Discuss the principles governing the use of heat and cold. 2. Discuss the reasons for the application of heat and cold. 3. Identify the various methods of heat and cold applications. 4. Demonstrate ability to apply various forms of heat and cold. 5. Answer questions concerning: a. terms and definitions b. principles related to application of heat and cold c. purposes for which heat and cold are applied d. safety precautions e. various methods of heat and cold applications	To satisfaction of instructor. Closed book examination - 75% accuracy on 12/13/71.	

A.D. Program
Nursing 30. Medical-Surgical Nursing I
Fall Semester, 1971
Learning Objectives for Week #12
Post Conference Objectives Week 11/29 - 12/3

GOLDEN WEST COLLEGE
HEALTH SCIENCES DIVISION

DATE	LEARNING OBJECTIVES	EXPECTED PERFORMANCE	MEDIA
11/29-12/3 Post Conference	The student will: 1. Observe the administration of oxygen: a. Put wall oxygen equipment in the wall outlet. b. Nasal oxygen catheter, nasal cannula, O_2 tent, face mask. c. On the chart, note the doctor's order for oxygen. d. Note a nurses note on the chart (O_2 administration). e. Fill the D/W jar with water. f. The insertion of a nasal catheter tube. Tape the tube to the face. 2. Practice-return the demonstrations (above) 3. Examine principles related to the administration of a CO_2 tank. 4. Observe the filling of ice bags, hot water bottles. 5. Observe the nursing principles related to the use and administration of hot packs, K. Pack. No multi-media - All students to complete mid-term evaluations with their instructor by Dec. 1, 1971.	To the satisfaction of the instructor. In the clinical area begin the administration of intra-muscular injections to the satisfaction of the instructor.	
11/29-12/2			

A.D. Program
Nursing 30. Medical-Surgical Nursing I
Fall Semester, 1971
Learning Objectives for Week #12
11/29-12/3

GOLDEN WEST COLLEGE
HEALTH SCIENCES DIVISION

DATE	LEARNING OBJECTIVES	EXPECTED PERFORMANCE	MEDIA
11/29 2-4	Main Concept: To gain a basic understanding of socio-cultural influences on illness and how the individual adapts to a changing environment.		
	The student will be able to:	Correctly respond to:	
	1. Identify the concept of adaptation.	1. A multiple choice question.	
	2. Define: a. coping behavior b. expressive behavior c. sociological behavior d. cultural anthropology	2. 4 matching questions.	
	3. Identify the following variables that affect patients behavior: a. religion b. patterns of family organization c. care during illness d. means of communicating--satisfaction and dissatisfaction.	3. Identify at least 2 variables in an assigned nursing care plan.	
	4. To apply the above concepts to nursing and nursing intervention.	4. Correctly respond to 10 multiple choice questions in a closed book exam.	

A.D. Program
Nursing 30. Medical-Surgical Nursing I
Fall Semester, 1971
Learning Objectives for Week # 13
December 6 - 10, 1971

GOLDEN WEST COLLEGE
HEALTH SCIENCES DIVISION

DATE	LEARNING OBJECTIVES	EXPECTED PERFORMANCE	MEDIA
Monday 12/6/71 9-11	Goal: The student will have an understanding of the role of the nurse when caring for a patient with an I.V. infusion. Objectives: The student will be able to: 1. Define common terms related to I.V. therapy including homeostasis, infusion and acid-base balance. 2. Describe and give examples of an isotonic, hypotonic, and hypertonic solution. 3. Discuss the nursing responsibilities and rationale in caring for patient with an I.V. a. List principles related to flow of fluid. b. Identify common I.V. equipment - bottles, tubing, needles for an I.V., piggy back, or blood set-up. c. Calculate rate of flow of an I.V. in gtts./minute. d. Identify types of patients who require close monitoring during I.V. therapy. e. List common symptoms of infiltration, over-hydration, and blood reaction. f. Define acidosis and alkalosis.	Achieve 75% on 10 multiple choice questions in exam on 12/13/71 at 9 a.m. Be able to assist in setting up and monitoring patients I.V. in hospital setting.	

A.D. Program
Nursing 30. Medical-Surgical Nursing I
Fall Semester, 1971
Learning Objectives for Week # 13
December 6 - 10, 1971

GOLDEN WEST COLLEGE
HEALTH SCIENCES DIVISION

DATE	LEARNING OBJECTIVES	EXPECTED PERFORMANCE	MEDIA
12/6 1-4 p.m.	Main Concept: The student will have a basic understanding of pain and the individual response to pain. The student will be able to: 1. Define pain. 2. State at least 2 purposes of pain. 3. Identify 3 types of pain. 4. Cite at least 4 physiological responses to pain. 5. Cite 3 variables that affect the individual's response to pain. 6. Assess the patient's response to pain by: a. Observing for a physical basis for pain. b. Noting behavioral responses both psychological/physiological. c. Talking with the patient. d. Use of other data. i.e. Nursing care plan - patient's chart 7. Decide on a course of action which could bring relief of pain through: a. comfort measures b. control of physical environment c. administration of medication d. talking with patient e. diversion 8. Evaluate the course of action instituted to bring pain relief.	Correctly respond to 10 multiple choice questions for Objectives 1, 2, 4, 5 Objective 3. 5 matching questions. 6, 7, 8 to the satisfaction of the instructor in the clinical laboratory.	11

GOLDEN WEST COLLEGE
HEALTH SCIENCES DIVISION

A.D. Program
Nursing 30. Medical-Surgical Nursing I
Fall Semester, 1971
Learning Objectives for Week # 14, December 13-17, 1971

Date	Learning Objectives	Expected Performance	Media
12/13/71 9-10 Exam #4 10-11	Main Concept: The student will gain an understanding of continuity of nursing care objectives: 1. Construct a definition of continuity of nursing care. 2. State activities which provide for continuity of nursing care within and between nursing shifts. 3. Identify the role of the nurse within a typical hospital day. 4. Identify and apply the student's role in helping to provide for continuity of nursing care in the care of patients in the hospital. 5. Describe the functions of the registered nurse in the care of patients on each eight hour hospital shift.	Objectives 1, 2, 3, 4 and 5: Achieve 75% accuracy on written examination. Objective 4: To the satisfaction of the instructor in the clinical area.	
12/13/71 1-4			

A.D. Program
Nurs[illegible] 30. Medical-Surgical Nursing I
Fall [illegible]emester, 1971
Learning Objectives for Week #15

GOLDEN [illegible]T COLLEGE
HEALTH SCIENCES DIVISION

DATE	LEARNING OBJECTIVES	EXPECTED PERFORMANCE	MEDIA
1/3/72 9-11 1-2:30	Main Concept: To become familiar with the concept of loss and how it applies to nursing and nursing intervention: The student will be able to: 1. Define grief and identify the 3 stages in the grief and mourning process 2. Identify patient behaviors peculiar to each stage 3. Define pathological mourning 4. Cite and apply 3 nursing responsibilities for assessment and intervention	Objectives 1, 2, 3, 4 75% accuracy on written closed book exam Objective 2, 4 to the satisfaction of clinical instructor in the clinical laboratory	
	Main Concept: To gain an understanding of the patient who is threatened with loss of life: The student will be able to: 1. Identify the 5 stages of dying and the behaviors peculiar to each stage. 2. Identify the variables that affect patient's behavior: A. Socio-cultural 1. religion 2. family 3. age	Learning Objectives 1, 2, 3, 4, 5 75% accuracy on written exam Learning Objectives 1, 3, 4,5 to the satisfaction of the clinical instructor in clinical laboratory	

DATE	LEARNING OBJECTIVES	EXPECTED PERFORMANCE	MEDIA
	3. List and apply 3 guiding principles in caring for the physical needs of the dying patient 4. Cite and apply 3 nursing interventions which apply to the dying patient 5. Identify and apply the nurses role in dealing with the family, etc. of the dying patient 6. Discuss the problems faced by the nurse who is caring for the dying patient	Objective 6 Verbalize individual experiences which apply to lecture content	

Golden West College
Health Sciences Division

A D Program
Nsg. 30-Medical Surgical Nursing I
Fall Semester, 1971
Learning objectives for Week #16

Date	Learning Objectives	Expected Performance	Media
Monday 1/10 9-11	Goals: The student will learn how to admit and discharge patients from the hospital. Objectives: The student will be able to: 1) identify the steps and routine of admitting a patient into the hospital. 2) identify the steps in the routine of dismissal of a patient from the hospital. 3) Describe the steps in obtaining a clean catch urine specimen and a 24 hour urine specimen.	In clinical area-admit and discharge a patient to satisfaction of the instructor	
1/10 Monday 1-4 1-3 Forum I 3-4 Room 117	Goals: The student will understand the meaning of health and how health needs are met. Objectives: 1) Select a definition of health, illness and nursing 2) Identify major health problems (both national and local) 3) Define mortality and morbidity rates. 4) List health agencies at an international, national and state level. 5) Discuss Orange County community health services	Achieve 75% accuracy on multiple choice and matching questions.	

Learning Objectives #16 (continued) Page 2

Date	Learning Objectives	Expected Performance	Media
1/10 cont'd	6) Describe briefly the services available from the Orange County Public Health Department and how to obtain this assistance 7) Identify specific health services available for the elderly.		

GOLDEN WEST COLLEGE
Health Sciences Division

A.D. Program
Nsg. 30 Medical-Surgical Nursing I
Fall Semester, 1971
Learning Objectives for Week #17

Date	Learning Objectives	Expected Performance	Media
Monday 1-17-72 9-11 a.m.	The student will be able to: 1. Define terms listed in syllabus. 2. Identify the following: a) The qualifications of the geriatric nurse. b) The basic needs of the geriatric patient. c) The psychological, spiritual and physical needs of the geriatric patient. d) Feelings toward retirement. e) Tasks or responsibilities of the aged. f) The losses suffered as a person grows older. g) Emotional problems of aging.	Achievement of 75% accuracy on examination which includes multiple choice and matching questions	
Monday 1-17-72 1-2:30	3. Identify the socio-psychological needs of the aged.		
3-4	See objectives for field trip.		

LEARNING OBJECTIVES FOR GERIATRIC EXPERIENCE

1. Compare the characteristics of patients in a convalescent facility as compared with an acute medical-surgical facility.

2. Identify the nursing problems peculiar to geriatric patients in relation to the following:

    1. Personal hygiene
    2. Elimination
    3. Nutrition
    4. Control of environment
    5. Exercise
    6. Diversion
    7. Spiritual needs
    8. Alienation
    9. Level of sensorium
    10. Safety

3. Identify five of the most common drug classifications given to geriatric patients.

4. Compare the medical treatment in a geriatric facility with an acute hospital in the following areas:

    1. Drugs
    2. Physical Therapy
    3. Laboratory
    4. X-Ray
    5. Doctor's visits
    6. Speech Therapist
    7. Occupational Therapist
    8. Social Worker
    9. Other rehabilitative resources

5. Communicate with a geriatric patient in the convalescent facility.

6. Identify staffing patterns, numbers of aides, L.V.N.'s., R.N.'s.

7. Identify financial arrangement for patient care.

8. Write a paper of at least two pages including observations, feelings, related to the objectives listed above. The paper will be due on January 24, 1972 at 9:00 a.m.

A.D. Program
Nursing 30. Medical-Surgical Nursing I
Fall Semester, 1971
Learning Objectives for Week #17 - Jan. 18 - 21,1972
Clinical Experience Geriatric Nursing

GOLDEN WEST COLLEGE
HEALTH SCIENCES DIVISION

DATE	LEARNING OBJECTIVES	EXPECTED PERFORMANCE	MEDIA
Week #17 January 18,19,20,21 Each student will spend one day 8-11 a.m.	The student will be able to:	Satisfaction of the instructor in the clinical area. Objective #2, #5, 1. Acceptable content in the paper required in objective #8. To include objectives #1, 3, 4, 6, 7.	

Gold— West College
Healt. cience Division

AD Program
N 30--Medical-Surgical Nursing I
Fall, 1971

DATE	Objectives	EXPECTED PERFORMANCE	MEDIA
1972 Week 18 Monday, Jan. 24 9-11 1-4 Pre-Instruction Survey Conferences will be scheduled individually throughout the week. Tuesday Jan. 25 Thursday Jan. 27, 1972	Goal: The student will understand the concept of patient teaching Objectives: The student will be able to: 1. Identify three basic principles of learning. 2. List the prerequisites of a good learning-teaching environment and relate to the hospital situation. 3. Discuss the qualities a nurse should have in order to effectively teach a patient. At 8 a.m.-10 a.m. the student will take the final examination.	75% achievement on multiple choice questions. Sign up for final evaluation for the semester with your clinical instructor.	

Course Outline Form
GOLDEN WEST COLLEGE

Date: August 31, 1970

Division: Health Sciences

Course Developed by:
G. Roessler
P. Smith

1. COURSE: Obstetrics (Name) Nursing 33 A (Number) 5 units (Units)

2. CATALOG DESCRIPTION:

Prerequsite: Completion of Nursing 31 A and Nursing 31 B with the grade of "C" or better.
Study of the normal maternity cycle and the normal newborn, maternal and infant complications, their prevention and treatment. Principles and applications of nursing activities relating to the maternity cycle, for the mother, the newborn and the family unit. Selected laboratory experiences in prenatal and postpartum care; labor and delivery; newborn and premature care.

3. TIME ALLOCATION: Five hours lecture; fifteen hours laboratory weekly.
½ Semester Fall

4. COMPARABLE OR EQUIVALENT COURSES:

Institution	Courses
Golden West College	

5. POTENTIAL POPULATION:

Students enrolled in Associate Degree Nursing Program

6. GENERAL OBJECTIVES:

I. Goal: To develop a knowledge of the preparation of the parents for the arrival of the new baby during the prenatal period.

Objectives: (1) State the community resources available to assist prospective parents learn about preparation for parenthood.
a. high schools b. community colleges
c. public health education d. nursing services
e. prenatal clinics f. doctors
g. dial-a-dietitian h. literature

(2) List the available sources of assistance in special situations and develop an understanding of the function of each of the following:
   a. American Heart Association
   b. Kidney Association
   c. Tuberculosis Association
   d. National Foundation
   e. Genetic Counseling
   f. Orange County Health Department
   g. Diabetes Association
   h. American Red Cross
   i. Family Service
   j. Physician
   k. Planned Parenthood

(3) Observe patients in the Orange County Medical Center Prenatal Clinic and select one patient and submit a written report of not more than three pages which will include the following:
   a. problems of the pregnant woman during the prenatal period
   b. state the opportunites of nursing intervention and health teaching
   c. indicate the role of the doctor, nurse, dietician or others
   d. list the questions asked by the patient
   e. state your own feelings regarding the experience
   f. list the nursing principles that you already knew that were reinforced during the experience
   g. indicate the knowledges, skills and information that would have prepared you better to meet the needs of the patient.

(4) State in writing the optimum principles of nursing care necessary to meet the needs of the pregnant woman
   a. diet
   b. rest
   c. physical activities
   d. health problem such as diabetes or others
   e. diseases
   f. exercise
   g. travel
   h. sex
   i. drugs

(5) Analyze situational data and be able to offer a plan of optimum care to meet the needs of the patient, using a problem-solving approach. The patient may be one seen in the clinic/ doctor's office/ or a friend or neighbor. Apply all the principles listed in Objective 4.

(6) Take a closed book examination of multiple-choice and essay questions and pass with an 80% accuracy.

II. Goals: INTRAPARTAL AND POSTPARTAL PERIODS:

1. The student will at all times safeguard the patient against accident and injury.

2. The student will have a basic understanding of the anatomic and physiologic processes of labor, delivery and postpartum periods.

3. The student will be able to give emotional support to the obstetrical patient through attitudes and health teaching.

4. The student will be able to effectively assist the members of the health team in the conduct of labor and delivery of the obstetrical patient.

5. The student will be able to give safe, effective nursing care to the obstetrical patient.

6. The student will be able to perform nursing skills related to nursing obstetrical patients.

7. The student will recognize deviations from the normal which may arise in labor, delivery and postpartum.

8. The student will be able to make appropriate nursing judgments and interventions to safeguard the patient who develops complications.

9. The student will understand the nurses' role and functions in the conduct of labor, delivery and puerperium, whether attended by complications or not.

10. The student will be familiar with the equipment used in these areas.

11. The student will give support to the family and friends of the obstetrical patient.

Objectives: The student will be able to--

1. To identify signs and symptoms of impending labor.

2. Recognize signs and symptoms of latent and active labor.

3. Conduct an obstetrical patient through hospital admission procedures to the labor room in the following:

   a. Physical care

      undressing the patient
      urine specimen
      fetal heart tones
      determination of position and presentation
      vital signs
      enema if ordered
      perineal preparation
      protecting privacy and safety of patients
      hygienic measures
      emotional support.

4. To transfer the obstetrical patient safely from the recovery room to the maternity ward bed.

5. To conduct the postpartum patient through maternity ward admission procedures:

      vital signs
      fundus check
      perineal check
      IVs
      health teaching
      medications
      emotional support
      visitors

6. To give safe comprehensive nursing care to the postpartum patient:

7. To perform nursing skills related to safe comprehensive nursing care of the postpartum patient:

      perineal care (hygiene, medications, packs, lights, etc.)
      elimination needs medications

general hygiene
care of the breasts
fundus checks

8. To conduct the postpartum patient through hospital discharge procedures safely:

dressing the baby
personal effects
protection against injury/accident
charting
transportation to automobile
necessary forms signed, etc.

III. Goal: The student will be able to understand the rationale for and give safe, appropriate nursing care to the newborn in the hospital; and relate significant information to others verbally and in writing.

Objectives: (1) List the major principles of nursing care, the nurse would employ in the delivery room immediately after the birth of the baby.

(2) Submit a report of the role of the nursery room nurse, in the delivery room, list her functions, and the rationale for nursing care.

(3) Develop a plan of care for the normal newborn for the first twenty-four hours of life, which should include nutrition, clothing, warmth and observation (skin, temperature, weight etc.) plus general nursing care recommendations.

(4) Communicate with the patents, the health team, instructors, peers as a nurse would be expected to function. Listen, write and evaluate your own converstation with the staff and a patient concerning a newborn. Include a period of about fifteen minutes. The newborn may be normal/abnormal.

(5) List the care of a newborn for the first three days. Include all the rationale for nursing care, drugs, laboratory. xray reports, special positioning, treatments, feeding, hygiene or observations.

(6) Share your laboratory experiences, in the post conference area, related to the physical, emotional or related problems concerning abnormal newborn and his family.

(7) In post-conference share several situations that could occur in the nursery setting, in which you would want to notify the head nurse/ supervisor/doctor immediately. You may draw upon your actual clinical experience, or reading or hospital staff for assistance.

(8) Compare cow's milk with human milk (1 day postpartum and eight days postpartum) from a nutitrional, and health standpoint. Know at least ten different types of formulas for use in infant nutrition.

(9) In the post conference share verbally areas of required infant safety in hospital setting.

(10) Submit in writing the differences you experienced in the clinical setting between infant care in the newborn vs. the premature nursery. Differentiate between the newborn and the premature infant. Prepare a health guide for the parents concerning an infant in the nursery that you can assist in discharging, the plan should be prepared with the doctors orders, and the hospital discharging policy and recommendations.

(11) Function in the laboratory with the assistance of the instructor/staff member to report and give nursing care based upon sound principles of newborn care in these areas (1) Nursery personnel in the delivery room area (2) admission nursery (3) newborn nursery (4) premature nursery.

(12) Pass a closed book examination which will include multiple choice and essay questions related to the care of the newborn infant, with 80% accuracy.

Goal: The student will learn how to function in the role of a nurse in emergency childbirth situations.

Objectives: (1) State the priorities in life saving measures in emergency childbirth
- a. precipitous birth
- b. disasters
- c. hemorrhages
- d. immediate postpartal care of the mother and infant.

(2) Demonstrate verbally in post conference an understanding of the impact of disaster or crisis on the family, the patient and the nurse.

Goal: The student will develop an awareness of the various programs and postions available to the student who is interested in maternity nursing.

Objectives: (1) Opportunites available for maternity care in the community
- a. hospitals
- b. clinics
- c. public health
- d. doctor's offices
- e. voluntary

(2) Description of the requirements and location of schools of midwifery in the U.S.

(3) The role of the nurse in international midwifery.

V. TERMINAL PERFORMANCE STANDARDS:

The student will transfer knowledge and skills acquired during the first year of the nursing program, and acquire new information during the course in Obstetrics which will provide him/her with the ability, skills and knowledge to understand and intervene appropriately in maternity nursing which requires a degree of proficiency at the registered nurse level of performance.

The student will demonstrate this by the following:

(1) Pass all examinations with an 80% or better.

(2) Function in the clinical area with safety to the patient, and with a rationale for performance.

(3) Contributing appropriately to post conferences and discussions in class.

(4) Following the policy of the Associate Degree Nursing Program as listed in the handbook.

(5) Submit the written materials required in the objectives of the course.

(6) Observance of dress regulations, uniforms, caps, or street dress.

(7) Attention to the time, place, and schedule of classes, to include on and off campus, pre and post conferences.

(8) Reading assignments should be completed before the scheduled lectures covering the topics.

VI. LEARNING ENVIRONMENT:

Classroom instruction in the laboratory and classroom at Golden West College, clinical experience in the hospital setting, pre and post conferences. The students will have an opportunity to listen to resource speakers, such as dieticians, and doctors.

VII. EVALUATION PLAN;

1. Individual-student-teacher conferences
2. Instructors; anecodotal records of student performance in classroom and clinical areas
3. Written examinations, quizzes and nursing care plans.
4. Completion of workbook and report assignments
5. Recommendations and comments by the members of the health team.

VIII. REQUIRED COURSE MATERIALS:

Text Books (4)

1. Fitpatrick, Elise et al, Maternity Nursing. 11th edition, Philadelphia, Pa., J.B. Lippincott Company, 1966.

2. Rodman and Smith, Pharamcology and Drug Therapy in Nursing, Philadelphia, J.B. Lippincott, 1968.

3. Taber's Cyclopedic Medical Dictionary. Philadelphia: F.A. Davis Company, 1967.

4. Williams, Nutrition